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May 16, 2003

SECTION 403 (r) (6) NOTIFICATION

Food and Drug Administration
Center for Food Safety and Applied Nutrition
Office of Nutritional Products, Labeling, and Dietary Supplements (HFS-810)
5100 Paint Branch Parkway
College Park, Maryland 20740

Dear Sir or Madam:

In accordance with the requirement of Section 403 (r) (6) of the Federal Food, Drug and Cosmetic Act, and Rule CFR 101.93, we are hereby to notify FDA that Jarrow Formulas' **Green DefenseTM** product bears the following statements:

1. Jarrow Formulas®, Inc., 1824 S. Robertson Blvd., Los Angeles, CA 90035-4317
www.jarrow.com
2. **Statements*:**
 - Green Defense is rich in phytonutrients which help support the body's self defense mechanism, detoxify and nourish the body, and assist the achievement of total well being.
 - (Green Defense is) Antioxidant rich: containing phytonutrient rich polyphenols from green tea, grape seed and bilberry, all of which contain a complex of bioflavonoids for healthy cell function.
 - Probiotic metabolites (from *Propionibacterium shermani* ssp.), a rich source of organic acids have antibiotic-like bacteriacins, peptidoglycans (from cell walls of friendly bacteria) which help support intestinal health.
 - Apple fiber and Inulin-FOS provide dietary fibers to enhance detoxification.

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

I certify that the information contained in the notice is complete and accurate, and that Jarrow Formulas has substantiation that the statement is truthful and not misleading.

Sincerely

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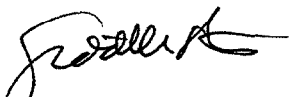
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Sid Shastri, CCN
VP-Product Development